



Serves: 4

Grilled Teriyaki Chicken

Ingredients

For the chicken

- 800 g chicken (remove skin, cut into pieces)
- ½ thumb size piece of ginger
- 4 cloves garlic
- 3 tbsp water
- ½ tsp salt
- 1 tbsp oil

For the Teriyaki Sauce

- 1 tsp oil
- 1 thumb size piece of ginger (chopped)
- 1 clove garlic (chopped)
- 4 tbsp sake
- 2 tbsp light soy sauce
- 2½ tbsp brown sugar
- 4 tbsp water

Method

For the chicken

- Blend ginger and garlic to a paste with water.
- Marinate chicken in ginger-garlic paste seasoned with salt.
- Heat oil and stir fry chicken until slightly brown.
- Drain away excess oil and cook under a grill until chicken is done.
- Remove from heat and set aside.
- Serve chicken with teriyaki sauce.

For the teriyaki sauce

- Heat oil and fry chopped ginger and garlic till fragrant.
- Add the remaining ingredients and simmer for 10 minutes.
- Strain the sauce before serving.

Nutrition Information (Per Serving):

Energy 234kcal*

Carbohydrate 12gm

Protein 12gm

Fat 9gm

Sodium 918mg

Cholesterol 67mg

*Alcohol contributes 17 kcal to the energy content